



## 週年年報 (2019-20)

### 關於我們

香港失明人健體會有限公司（下稱「健體會」）是根據《稅務條例》第 88 條註冊為獲豁免繳稅的慈善機構，致力為視障人士提供有系統的健體運動，如體能訓練、步行及長跑等，使不同年齡的視障及長期病患人士能有健康的體魄，進而確立積極的人生態度，更有信心地迎接每一天的新生活。

### 使命及宗旨

1. 透過專業義務教練團隊及義工的協助，為視障人士提供適切的體能訓練，改善視障人士的體能；
2. 透過參與體能訓練，社區服務及慈善活動，讓視障人士改善心理健康，增強自信，及以正面態度建立積極人生；
3. 透過舉辦不同活動，擴闊視障人士生活圈子，使其能參與社會，增進社會融和；
4. 藉著義工參與領跑，與視障運動員相互影響，推廣社會共融，生命影響生命，達至正面影響香港各階層的效果；及
5. 發掘更多機會讓視障人士參與非牟利服務或慈善活動，以提倡平等機會。

### 組織架構

健體會於本年度新增 1 名董事，即現時由 8 名資深教練及義工義務擔任主席及董事，健體會的決策、行政管理及財務安排等均由 8 名義務擔任的董事商決。主席兼總教練林威強先生是前港隊田徑跨欄代表及曾是本港跨欄紀錄保持者，亦是國際田聯五級教練、香港田總三級教練，有豐富教授體育運動經驗；健體會並邀請多名社會賢達包括眼科專科醫生、大律師及專業會計師等擔任義務顧問，詳情請參考本會網頁：

[www.bshk.org](http://www.bshk.org)

### 工作報告

### 團隊人數

健體會的服務有賴義工們無私付出，現已登記的義工人數已超過 700 人，當中義務教



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練團隊人數約 30 人，為超過 170 名視障運動員提供協助，讓他們能參與健體、跑步及其他活動。

### 恆常健體及跑步訓練

健體會在本年度新增在多一個地區，即共在 5 個地區提供恆常健體及跑步訓練，包括石硤尾、屯門、沙田、將軍澳及西營盤，每周共提供 7 節，每節 2 小時的訓練，每月練習時數超過 60 小時。練習由義務教練指導及領跑員協助下跑步或健行，改善體能。每月出席練習的視障運動員接近 500 人次。

與去年相比，每月出席練習的視障運動員較去年減少近 100 人次，原因由於香港在六月爆發社會運動以來，各區經常發生大型的公眾活動，考慮到視障人士在活動前後往返家居和練習場地路上的安全，期間夜間恆常練習受影響，須要取消。其後，社運式微後，香港受新型冠狀病毒肺炎疫情影響，自一月底開始，暫停恆常練習。

### 其他運動訓練

健體會除了提供恆常健體及跑步訓練，更邀請不同界別專業教練，舉辦非定期訓練班，教導視障運動員及義工其他運動項目，本年度曾開辦的訓練包括：

- 潛水體驗
- 太極研習班

### 運動賽事

因社會運動及疫情影響，不少比賽都因參加者的安全而取消。健體會在香港 100 越野賽的贊助下，成功於 12 月中帶領超過 160 人的團隊，再次參加台灣嘉義嘉楠集團慈善馬拉松賽事，分別參加 6 公里、12 公里、半馬拉松和馬拉松項目。

### 活動及服務

除了參加體育運動賽事之外，健體會還為視障運動員及義工籌辦多元化的活動，當中包括：



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### 義工訓練

健體會各區隊定期為有意參加視障義工服務的人士提供義工訓練，內容包括各類不同視障及其特點、與視障人士溝通技巧、領路法和領跑法，並須要進行實習。

除了領跑法訓練，健體會更舉辦不同訓練班讓義工參加，以吸收更多不同界別的知識，讓義工在自己的生活圈子及在不同範疇為社會提供更多義工服務，關懷社會。本年度曾經舉辦或統籌舉辦以下訓練或工作坊：

- 教練伸展課程
- 教練實務急救課程（由醫管局合資格導師教授）
- 精神健康急救（關懷青少年）課程（由香港心理衛生學會導師教授）
- 義工技巧提升訓練暨郊遊樂

### 公眾教育活動

為推動公眾人士認識如何幫助視障人士，健體會亦樂意為各社區團體及私營機構提供講座、視障體驗活動，讓公眾人士能夠認識視障人士的需要和幫助他們的技巧。本年度健體會曾為下列組織提供視障體驗及分享講座：

#### 視障體驗

- 新生精神康復會
- 新世界發展有限公司義工服務隊
- 東涌天主教學校社會服務團

#### 視障服務分享講座

- 民生書院小學
- 基督教香港信義會信愛學校

### 社會服務

為讓視障人士融入社會，推動社會上的傷健共融風氣，健體會亦為視障人士及義工籌辦服務活動，包括社區服務、體育運動賽事的支援等等，活動包括：



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- 參與鄰舍輔導會主辦的「傳承愛「深」 - 關懷探訪計畫
- 探訪賽馬會屯門盲人安老院
- 為屯門盲人安老院製作全新聲音健體操供安老院每天播放
- 香港 100 越野賽 50 公里及 100 公里第三檢查站（白沙澳）支援服務（2 天）
- 揸水一戰終點站支援
- 點滴揸水行步行籌款

### 文娛活動

雖然健體會活動受到社會運動及疫情影響，健體會仍致力鼓勵視障人士外出與社群接觸，擴闊視障人士生活圈子，使其能參與社會，增進社會融。本年度獲不同機構邀請及送贈免費音樂會、演唱會及電影門票，讓視障人士與義工一起欣賞以下節目：

- 《粵唱粵強 2019》音樂會
- 蘇永康 ALL THAT JAZZ (&POP) LIVE 2019 演唱會
- 電影《小 Q》口述電影場次
- “La Voce”音樂會
- 粵劇折子戲口述影像專場
- 《燈亮時》電影放映口述影像專場
- 《走進宮崎駿的世界 2019》音樂會
- 參觀南風紗廠六廠紡織文化藝術館

### 跑鞋獎勵計畫

合適的跑鞋為參與跑步運動的基本用具，而視障人士因視障緣故，求職困難，因此大多為社會的低下階層，當中更多是依靠社會福利署公共援助維持生計，難有餘錢購買合適跑鞋。這一方面造成視障人士參與體育活動的困難，削弱他們的參與；另一方面不合適的運動鞋也容易令他們的足底筋腱或足踝受傷。

健體會獲 Golf for Vision 贊助，於 2019 年推行跑鞋獎勵計畫，讓出席指定次數恆常練習的視障運動員，獲得上限港幣 600 元的資助購買跑鞋，以鼓勵他們的積極參與，計畫由 2019 年 1 月 1 日開始，為期一年。2019 年度計畫共有 139 名視障運動員符合資



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格獲得資助。

### **賽馬會閃亮人生體育計劃**

健體會獲得香港賽馬會慈善信託基金捐款資助，推行「賽馬會閃亮人生體育計劃」。計畫由 2019 年 11 月開始，為期一年，其中本年度已開展項目如下：

### **生命教育講座**

由視障運動員及義工向學校、社區組織、地區中心等機構介紹本會的宗旨和服務、簡介本港視障情況、眼疾及相關健康資訊，以及視障學員及義工的分享，每名出席分享的視障運動員及義工均可獲取薄酬。由於受社會運動及疫情影響，只能於 2019 年 12 月於港島民生書院舉行了 1 場生命教育講座，共有三百多名學生出席。

### **跑鞋獎勵計畫**

跑鞋是損耗性用品，長期重覆使用會使跑鞋磨損，繼續穿著有機會令跑者受傷。因此健體會於 2020 年再次推出跑鞋獎勵計畫，獎勵合資格的視障學員購買跑鞋，計畫由 2020 年 1 月開始，為期一年。

### **團隊成就 - 傑出義工團隊**

在義工熱心支持和參與之下，雖然健體會的訓練和活動先後受到社會運動和疫情的影響，但健體會繼續為視障運動員提供不同的文康服務活動，並獲香港中文大學醫院執行董事及行政總裁馮康醫生提名參加由義務工作發展局主辦的第八屆「香港傑出義工獎」，並獲評審委員會選為傑出義工團隊，肯定了健體會義工的貢獻，表揚義工出色的表現及成就。

### **未來展望**

展望未來，健體會仍繼續秉承一貫以來的宗旨，竭誠服務視障人士，為他們提供更多元化的活動，幫助他們鍛鍊強健的體魄及健全的心靈，突破個人障礙，融入社會，推動和諧共融。

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### **About Us**

Blind Sports Hong Kong Limited (“BSHK”) is a charitable organisation which is exempted from tax under section 88 of the Inland Revenue Ordinance for charitable purposes. BSHK aims to provide running and physical training for the visually impaired, such as fitness enhancement exercises, walking and distance running. Irrespective of the age groups, BSHK aspires to enhance the physical mobility, general health and well-being of the visually impaired and to deliver positive influence to the visually impaired and the individuals suffering from long term illnesses.

### **Mission and Vision**

1. Improve the physical health of visually impaired by providing opportunities to them to participate in physical training and activities with the support from coaches and guide runners on voluntary basis;
2. Improve psychological health, build up self-confidence and positive attitude towards life of visually impaired by providing them opportunities to participate in physical training, social services and charitable activities;
3. Embrace social inclusion by organising diversified activities through which to extend the social circle of visually impaired;
4. Promote social integration by encouraging interaction among volunteers and visually impaired to achieve a positive influence to all levels of the Hong Kong community; and
5. Promote equal opportunity for everybody by providing and exploring chances for visually impaired to participate in non-profit making social services or charitable activities.

### **Organisation Structure**

One more director was invited to the Board of Directors of BSHK and thus now consisted of 8 directors who are all on voluntary basis. Mr. Galen Lam, Chairman and Head Coach of BSHK, is a Level 5 Track & Field coach of International Association of Athletics Federations and a Level 3 coach of The Hong Kong Amateur Athletic Association. Mr. Lam has rich experience in teaching sports. BSHK also invited dignitaries of the community such as Specialist in Ophthalmology,



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barrister, accountant, etc. to be honorary consultants. Please visit BSHK website for details: [www.bshk.org](http://www.bshk.org)

### **Services Report**

#### **Team Members**

BSHK's service attributed to the support from volunteers. BSHK had over 700 volunteers in which 30 of them were coaches to assist more than 170 visually impaired athletes to participate in physical training, running and other activities.

#### **Regular Physical and Running Training**

BSHK managed to set up one more team to arrange regular physical and running training, i.e. in 5 districts now, included Shek Kip Mei, Tuen Mun, Sha Tin and Tseung Kwan O and Sai Ying Pun. There were seven 2-hour sessions weekly or 60+ hours monthly. All the training was conducted and assisted by voluntary coaches and guide runners to improve the health of visually impaired athletes. The number of attendees was over 500 times per month.

Compared with last year, the monthly attendance rate reduced by 100 times. The reduction was attributed to the social movements since June 2019. In view of the safety issue for visually impaired to travel from and to training venues during the large-scale public events, several training at evening have been called off. In addition, training in all districts have been cancelled since the outbreak of COVID-19 in Hong Kong in late January 2020.

#### **Other Sports Training**

BSHK invited coaches of other professions to hold irregular training for the visually impaired and guide runners including:

- Scuba-diving elementary
- Tai-Chi elementary

#### **Races**

Due to the impact of social movements and outbreak of COVID-19, many local races have been called off for the sake of safety. On the other hand, with the sponsorship from HK100, over 160 volunteers and visually impaired athletes joined BSHK to participate in the Chia Nan Charity





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Marathon at Chiayi of Taiwan in December 2019. The visually impaired athletes joined 6km, 12km, 21km and 42km distances categories.

#### **Social Activities and Services**

In addition, BSHK organised a varies of social activities and services as follow:

#### **Training for Volunteers**

BSHK conducted regular induction training for volunteers to learn the different types of visual impairment, tips on communication with the visually impaired, method of guiding and guide running techniques.

Furthermore, BSHK organised other types of courses to enrich the knowledge and skills of volunteers in other aspects. Volunteers could then apply the knowledge and skills learned to provide social services to the community. The following courses have been arranged:

- Stretching class for coaches
- First aid course for coaches (conducted by qualified instructor of Hospital Authority)
- Youth mental health first aid course (conducted by qualified instructor of the Mental Health Association of Hong Kong)
- Advanced training in guide running for volunteers

#### **Public Education**

To promote public awareness in assisting the visually impaired, BSHK offered training and activities to social or private organizations. BSHK conducted training for the following organisations:

#### **Experience blindness**

- New Life Psychiatric Rehabilitation Association
- New World Group Corporate Volunteer Team
- Tung Chung Catholic School Social Service Team

#### **Sharing and Talk on Visually Impairment**

- Munsang College Primary Section
- ELCHK Faith Love Lutheran School





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### **Social Services**

To promote social integration by encouraging interaction among persons with or without disabilities, BSHK organised different activities including social services, support to sports events as follow:

- Visit elderly programmes organised by the Neighbourhood Advice-Action Council
- Visit to Jockey Club Tuen Mun Home for the Aged Blind
- Production of new audio-guided fitness exercise audio clips for the residents of Jockey Club Tuen Mun Home for the Aged Blind
- Check point support for trail race - HK100 at Pak Sha O (2-days event)
- Check point support for trail race – Race for Waters
- Fund raising for Walk for Water

### **Entertainment Programmes**

BSHK encouraged visually impaired people to get in touch with others in the community to extend their social circle. Free tickets of different concerts and movies were offered to BSHK's volunteers and visually impaired athletes to enjoy the following programmes:

- Cantabile - "Canon Mania" music concert
- William So ALL THAT JAZZ (&POP) LIVE 2019 pop music concert
- Audio description for movie "Little Q"
- Cantabile – "La Voce" music concert
- Audio description for Canton Chinese opera
- Audio description for movie "Light Up"
- Cantabile – "Inside the World of Hayao Miyazaki 2019" music concert
- Visit to CHAT (Centre for Heritage, Arts and Textile), The Mills

### **Sponsorship of Running Shoes for Visually Impaired Athletes**

A pair of running shoe is an essential tool of running. Most of BSHK's visually impaired athletes lost their jobs when they lost their sight or already retired. They do not have much spare money for a new pair of running shoes or this is not the top priority compared with other daily life needs. Without a pair of suitable shoes would lower the wills to participate in running. Running with a pair of torn or unsuitable running shoes would increase the chance of injury.



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With the sponsorship from Golf for Vision, BSHK launched a programme for sponsoring running shoes for visually impaired athletes in 2019. Each qualified visually impaired athlete was granted a maximum of \$600 to buy a pair of decent running shoes by attending a minimum attendance rate of training. The programme commenced from 1 Jan 2019 for a year which sponsored 139 athletes in total.

#### **Jockey Club "Together We Shine" Sports Programme**

With the donation from The Hong Kong Jockey Club Charities Trust, BSHK launched the Jockey Club "Together We Shine" Sports Programme from November 2019. The following items have been launched:

##### **Life Education Talk**

To introduce the service provided by BSHK, health talk on eye illness & care and promote public awareness in assisting the visually impaired, BSHK organized talks and seminars which were taught by visually impaired runners and guide runners to schools, social organizations or community centres. Honorarium were paid to the visually impaired runners and guide runners. Due to the impact of social movements and outbreak of COVID-19, BSHK could only arranged one life education talk for 300+ students of Munsang College Hong Kong Island.

#### **Sponsorship of Running Shoes for Visually Impaired Athletes**

Running shoes are consumables. Running with a pair of torn or unsuitable running shoes would increase the chance of injury. In view of this, BSHK launched this programme again in 2020. Qualified visually impaired athletes would be reimbursed to buy a pair of running shoes. This program will last for a year.

#### **Team Achievement – Outstanding Awardee (Volunteer Group)**

Though BSHK's regular training and races have been affected by social movements and the outbreak of COVID-19, BSHK kept organizing different social services and entertainment programmes with the support from volunteers. BSHK was glad to be nominated by Dr. Fung Hong, Executive Director and Chief Executive Officer of CUHK Medical Centre, to participate the 8<sup>th</sup> Hong Kong Volunteer Award organized by Agency for Volunteer Service. BSHK was elected by the judging panel as one of the outstanding awardees (volunteer groups). This is a recognition to the outstanding performance of and contribution by BSHK's volunteers to the community.



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#### **Vision for the Future**

BSHK strived to uphold its vision and mission to serve the visually impaired by organising more diversified activities so as to improve their physical and psychological health, embrace social inclusion and promote social integration.

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*Hand in hand with love Together we shine*